

# Health and Wellness Survey 2022

## Weighted Undergraduate Report

n = 5352

University of Arizona Campus Health Service  
Health Promotion and Preventive Services

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*Note: Data has been weighted for gender, class and fraternity/sorority affiliation to match campus demographics*

## Demographics

% Gender (mark all that apply)

Male	44.0
Female	53.8
Agender	0.2
Transgender	0.5
Nonbinary	1.4
Genderqueer/Gender nonconforming	0.6
Another identity	0.4

*\*Note: This question was modified in 2020 to reflect the UA Inclusive and Functional Demographics Question by making it 'mark all that apply'.*

% Living arrangements

House/apartment/etc.	77.4
Dorm	19.8
Fraternity/Sorority	2.5
No stable residence	0.4

Which dorm they live in (number in each):

Apache-Santa Cruz	41
Árbol de la Vida	93
Arizona-Sonora	41
Babcock	22
Campus Crossing on 8 <sup>th</sup> Street	1
Cochise	26
Coconino	2
Colona de la Paz	51
Coronado	69
Gila	21
Graham-Greenlee	35
Honors Village	151
Hopi	10
Kaibab-Huachuca	44
La Paz	17
Likins	48
Manzanita-Mohave	54
Maricopa	14
Navajo-Pinal (Stadium)	21
Pima	13
Posada San Pedro	28
Pueblo de la Cienega	32
Villa De Puente	38
Yavapai	30
Yuma	26

## % Ethnic/Racial Origin (mark all that apply)

African American/Black	4.9
Asian/Pacific Islander	12.8
Caucasian/White	63.0
Hispanic/Latinx	28.2
Middle Eastern/North African	3.3
Native American/Alaska Native	2.2
Another identity	1.0
BIPOC (Black, Indigenous, and People of Color)	49.0
QTBIPOC (Queer and Transgender People of Color)	9.6

## % Classification

First year	22.8
Sophomore	21.2
Junior	22.4
Senior	33.6

## % First in their family to attend college

Yes	20.2
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## % Extracurricular activities

Fraternity/Sorority member	17.4
Sports club participant	5.9
Intercollegiate athlete	1.9
Intramural athlete	8.9

## % Current military status (response that best describes them)

Not in U.S. Military	92.5
U.S. veteran	1.8
Active duty	0.3
Reserves	0.9
Guard	0.5
Military spouse	0.5
Military dependent	3.5

## Average age

Mean	21.16
Median	20.00
Under 21 (%)	50.7

## Average current UA GPA

Mean	3.38
Median	3.51

## % Relationship status

Single - not dating	50.2
Casually dating	11.3
Exclusively dating one person	33.0
Engaged	1.4
Married/Partnered	3.0
Open Relationship or polyamorous	0.4
Other	0.7

## % Sexual orientation (mark all that apply)

Heterosexual/straight	82.1
Gay/lesbian	3.9
Bisexual	12.2
Asexual	3.1
Queer	1.7
Questioning	2.6
A different identity	1.1
LGBQ Sex identity (Sexual identity only)	18.4
LGBTQ All (Sexual and gender identity)	19.9

## % Live in off-campus housing complex

Yes	44.7
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## % Currently live outside of Tucson

Yes	12.5
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## % Pell Grant recipient

Yes	24.6
No	64.0
Unsure	11.4

## % Ever been diagnosed with a disability or impairment

Yes	11.6
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## Alcohol and Other Drug Behaviors

### Alcohol Use:

Drinks per week – mean	3.64
Drinks per week - median	1.00
% had five or more in one sitting at least once in past 2 weeks	38.6
Of these, % did so 1 - 2 times	67.4
% did so 3 - 5 times	24.5
% did so 6 or more times	8.1
Drinks had in a social setting - mean	6.32
Drinks had in a social setting - median	3.00
Drinks had last time drank – mean	4.09
Drinks had last time drank - median	3.00
Drinks per hour last time drank – mean	3.65
Drinks per hour last time drank - median	3.0
BAC* - mean	0.0574
BAC – median	0.0358

\* BAC was truncated to .4 for males and .3 for females

### Past 30-day AOD use:

% used tobacco	9.5
% used e-cigarettes/JUUL/vape tobacco	20.7
% used alcohol	53.6
% used marijuana (smoked)	21.5
% used marijuana (vape or concentrate)	20.4
% used marijuana (edibles)	13.4
% used cocaine	2.1
% used heroin	0.1
% used pain pills (oxy, Vicodin, Percocet, Fentanyl) not prescribed by their physician	0.2
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	1.6
% used Ritalin/Adderall/Concerta not prescribed by their physician	3.7
% used Molly/MDMA/ecstasy	0.6
% used other illegal drugs	0.7

## AOD use since August 2021:

% used tobacco	15.8
% used e-cigarettes/JUUL/vape tobacco	28.7
% used alcohol	70.3
% used marijuana (smoked)	33.6
% used marijuana (vape or concentrate)	30.7
% used marijuana (edibles)	27.7
% used cocaine	4.7
% used heroin	0.4
% used pain pills (oxy, Vicodin, Percocet, Fentanyl) not prescribed by their physician	1.0
% used sedatives (Valium, Xanax, sleeping pills) not prescribed by their physician	3.2
% used Ritalin/Adderall/Concerta not prescribed by their physician	7.1
% used Molly/MDMA/ecstasy	2.9
% used other illegal drugs	2.4

## Since August 2021, % have felt the need to stop or cut down on their alcohol or other drug use

% Yes	29.0
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## Since August 2021, % have had someone close to them suggest that they should stop or cut down on their alcohol or other drug use

% Yes	10.9
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## Since August 2021, % have tried to stop or cut down on their alcohol or other drug use

% Yes	33.7
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## % how often do you usually drink alcohol in a social setting

Never	23.8
Once or twice a year	15.0
Once or twice a month	27.2
Once a week	15.6
Twice a week	13.3
3 or more times a week	5.1

## Protective behaviors: % Usually or always do the following when they drink

Stop drinking at least 1 to 2 hours before going home	65.3
Alternate with non-alcoholic beverages	59.5

Use a ride service or have a designated driver	91.5
Set a limit on the number of drinks they have	54.1
Drink beer or other lower alcohol content drinks	77.5
Avoid drinking games	41.4
Eat before and during the time they are drinking	92.1
Refuse to ride with a driver who has been drinking	94.6
Avoid pre-gaming/pre-partying	33.9
Avoid shots of hard liquor	35.1

% Experienced the following consequences in the past 30 days due to their drinking

Drove after drinking any amount of alcohol	9.3
Brownout (forgot where I was or what I did for short periods of time)	18.4
Blackout (forgot where I was or what I did for a long period of time)	10.2
Missed a class	15.1
Performed poorly on a test or important project	6.5
Did something they later regretted	15.1
Received a lower grade in a class	4.4

% Experienced the following consequences since August 2021 due to their drinking

Drove after drinking any amount of alcohol	20.6
Brownout (forgot where I was or what I did for short periods of time)	42.3
Blackout (forgot where I was or what I did for a long period of time)	28.9
Missed a class	30.4
Performed poorly on a test or important project	19.0
Did something they later regretted	38.7
Received a lower grade in a class	17.1

## Nutrition, Body Image, Sleep and Physical Health

In the last 12 months, % who were ever hungry but did not eat because there was not enough money for food

Yes	21.0
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Since August 2021, % have ever felt so focused on food, weight and/or body image that it negatively effected their quality of life

Yes	38.5
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On how many of the past 7 days did you get enough sleep so that you felt rested when you woke up in the morning? (% in each)

0 days	10.8
1 day	8.9
2 days	15.1
3 days	17.2
4 days	17.4
5 days	15.3
6 days	7.0
7 days	8.4
Mean	3.37
Median	3.00

How would you describe your overall physical health? (% in each)

Excellent	15.2
Very good	27.3
Good	35.0
Fair	19.0
Poor	3.4

Do you consider yourself to be physically active? (% in each)

Yes	62.7
No	22.4
Somewhat	14.9

On how many of the past 7 days did you intentionally perform exercise? (% in each)

0 days	12.8
1 day	10.0
2 days	17.2
3 days	18.4
4 days	17.1
5 days	13.9
6 days	5.1
7 days	5.5
Mean	3.01

Median	3.0
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% indicated weight affects the way they feel about themselves

Yes	62.8
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% indicated they have or are currently suffering from disordered eating

Yes	31.3
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% indicates comparing their food or body in social media that it negatively affected their mental wellbeing

Yes	45.4
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## Mental Health and Violence

How would you describe your overall mental health? (% in each)

Excellent	7.1
Very good	19.9
Good	31.0
Fair	31.0
Poor	11.0

% Received counseling/therapy for mental or emotional health in the last 12 months:

Yes, at CAPS	7.4
Yes, off campus provider	18.0
No	75.6

% have ever been diagnosed with the following

Depression	21.3
Anxiety	27.6
Attentional Disorder (e.g., ADHD)	11.7
Eating Disorder (e.g. anorexia, bulimia, binge eating)	6.5
None of the above	63.5

How difficult has anxiety or depression made it for you to do your work, study, go to class or get along with other people (diagnosed or not)? (% in each)

Not difficult at all	18.8
Somewhat difficult	44.6
Very difficult	26.0
Not applicable	10.6

## Overall stress experienced since August 2021 (% in each)

No stress	2.0
Less than average stress	6.1
Average stress	33.7
More than average stress	44.8
Tremendous stress	13.5

## % Experienced the following in the past 30 days:

Felt things were hopeless	26.1
Felt overwhelmed by all you had to do	59.2
Felt exhausted (not from physical activity)	57.9
Felt very lonely	31.3
Felt very sad	36.3
Felt so depressed that it was difficult to function	20.7
Felt overwhelming anxiety	37.6
Felt overwhelming anger	20.1
Intentionally cut, burned, bruised, or otherwise injured yourself	3.1

## % Experienced the following since August 2021:

Felt things were hopeless	49.7
Felt overwhelmed by all you had to do	83.1
Felt exhausted (not from physical activity)	80.4
Felt very lonely	57.5
Felt very sad	62.0
Felt so depressed that it was difficult to function	41.9
Felt overwhelming anxiety	62.4
Felt overwhelming anger	41.3
Intentionally cut, burned, bruised, or otherwise injured yourself	8.4

## % knew they can access CAPS for virtual visits

Yes	65.3
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## % experienced any barrier to use mental health services

Yes	77.5
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If you wanted to use mental services but have not, what are the main barriers preventing you from seeking help? (% in each) (mark all that apply)

Financial reasons	37.1
Stigma	16.7
Haven't gotten around to it	57.8
Scheduling issues	34.7
Don't know where to go	33.3
Feel embarrassed or ashamed	23.0
Something else	9.1

% Times seriously thought about suicide since August 2021

0 times	85.7
1 - 4 times	11.6
5 – 8 times	1.1
9 or more times	1.6

% Times attempted suicide since August 2021

0 times	98.4
1 time	1.0
2 times	0.4
3 or more times	0.1

% agreed that if in the future they were having a personal problem that was really bothering them, they would consider seeking help from a mental health professional (mark all that apply)

Yes – at CAPS	47.6
Yes – Off campus provider	55.7
No	24.9

% indicated yes to the following:

Are you familiar with the National Suicide Prevention Lifeline (phone number)?	76.2
Are you familiar with the National Crisis Line (text)?	58.6
Have you used the National Suicide Prevention Lifeline?	7.2
Are you aware of suicide prevention resources?	79.5

Since August 2021, % have experienced discrimination based on the following elements of their identity

Race or ethnicity	14.6
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Gender or gender presentation	12.9
Sexual orientation	6.1
Disability	2.9
Religion	5.5
Something else	2.6

If you they had experienced discrimination, how serious would you characterize the worst incident? (% in each)

Very serious (hate crime, physical violence, something affecting your livelihood, etc.)	5.7
Somewhat serious	18.7
Less serious (microaggressions, small comments, etc.)	75.6

% experienced any violence

Yes	10.2
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In the past 12 months, % have been in an intimate relationship that was

Emotionally abusive (called derogatory names, yelled at, ridiculed)	8.6
Physically abusive (kicked, slapped, punched)	2.1
Sexually abusive (forced to have sex when they didn't want to, forced to perform or have an unwanted sexual act performed on them)	3.5

% how often do you feel that you lack companionship

Rarely	41.0
Sometimes	42.4
Often	16.5

% how often do you feel left out

Rarely	41.0
Sometimes	44.0
Often	14.6

% how often do you feel isolated from others

Rarely	42.5
Sometimes	41.5
Often	16.1

% experienced the following consequences since August 2021 due to drinking alcohol

Someone had sex with me without MY consent	1.9
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Had sex with someone without THEIR consent	0.2
Had unprotected sex when I wouldn't normally	6.3

% within the last 12 months have been

Physically assaulted (do not include sexual assault)	2.3
In a physical fight	3.7
Verbally attacked	14.4
Harassed online	6.6
Stalked	4.0

## Sexual Health

% ever had oral sex	71.3
% ever had vaginal intercourse	68.7
% ever had anal intercourse	23.0
% never had vaginal or anal intercourse	29.6
% never had oral, vaginal or anal sex	26.0
% had zero vaginal/anal sexual partners since August 2021	36.8
<b>Of those who have been sexually active since August 2021:</b>	60.6
% had one vaginal/anal sexual partner	15.4
% had 2 vaginal/anal sexual partners	16.0
% had 3 - 5 vaginal/anal sexual or more partners	8.0
% had 6 or more vaginal/anal sexual or more partners	54.6
% usually or always use a condom (among sexually active)	34.1
% have been STI tested within the last year (among sexually active)	64.1
% have NOT been STI tested within the last year (among sexually active)	1.8

Know they can get STI testing at CHS without details showing on their Bursar's account

% yes	45.1
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## Service Utilization and Media

% accessed the following Campus Health Media during the past school year

Campus Health website (health.arizona.edu)	46.7
CAPS website (caps.arizona.edu)	18.9
Living Wild website	2.7
Social Media@UAZCampusHealth on Facebook, Instagram, Twitter	11.4
Stressbusters app	2.0

## % follow the following Campus Health social media accounts

Instagram	8.0
Twitter	1.3
Facebook	0.7

## % would recommend following Campus Health social media accounts to a friend

Yes	50.2
No	9.1
Maybe	40.8

## % have used some of the information they've learned on Campus Health social media to improve their health and wellbeing

Yes	61.0
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## CHS

% have medical insurance that requires them to go elsewhere	25.6
% are unsure if their medical insurance requires them to go elsewhere	37.7

## % indicated any service has helped them remain a student at UA

Yes	60.6
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## % who used the following services

Campus Health Medical Services	35.8
CAPS (Counseling & Psych Services)	12.9
HPPS (Health Promotion and Prevention Services)	3.9
Campus Recreation (Rec Center, Intramurals, Outdoor Adventures, etc.)	53.3
% who indicated using any of the above <b>CHS</b> services	38.6

## % indicated the following services helped them remain a student at UA

Campus Health Medical Services	38.7
CAPS (Counseling & Psych Services)	48.8
HPPS (Health Promotion and Prevention Services)	39.8
Campus Recreation (Rec Center, Intramurals, Outdoor Adventures, etc.)	57.1

## % indicated the following as their primary form of health insurance

College/university sponsored plan	7.8
Parent's plan	69.8
AHCCCS (Medicaid in Arizona)	9.2



Another plan	7.5
I don't have health insurance	4.1
I am not sure if I have health insurance	1.7

How did you learn about Campus Health (mark all that apply) (% in each)

Orientation	46.6
Campus Health website	34.2
Campus email	41.2
Parent or guardian	11.7
Friend or classmate	23.0
Professor or TA	21.1
RA or other Residence Life staff	10.9
Another UA service (e.g., ASUA, Thrive, Campus Rec, Dean of Students, etc.)	11.4
Social media	9.0
Other	2.4
I do not know about Campus Health	6.4

Since August 2021, % have needed the following but did not seek help because they couldn't afford it

Medical services when sick	13.7
Routine medical services (like a Well Check)	13.8
Mental health services	19.5
Medications prescribed by your doctor	10.3

% have received the following vaccinations/shots

	Yes	Don't Know
Human Papillomavirus/HPV (Gardasil)	71.1	20.6
Meningococcal disease (meningitis)	75.2	20.3
Varicella (chicken pox)	78.3	16.6
Had the flu shot since August 2021	38.2	NA

## Questions related to COVID-19

How often do you carry out the following safety measures to protect yourself or others from COVID-19? (% indicated "always/most of the time" in each)

Wearing a mask	75.1
Social distancing	49.9
Frequently washing your hands	85.7

Avoiding touching your eyes, nose and/or mouth with unwashed hands	60.7
Avoid going out as much as possible	30.3
Avoid large crowds	40.4
Other	26.8

% have experienced symptoms for more than 4 weeks after initial COVID-19 illness (not due to other conditions)

Yes	11.2
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## % have had a loved one, close family member or friend pass away due to COVID-19

Yes	19.0
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## % current COVID-19 vaccination status

Not vaccinated	10.6
Partially vaccinated (only one dose of initial two-dose series, not including J&J)	2.9
Full primary vaccine series	43.8
Initial vaccine series + booster	42.7